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Drinking alcohol during pregnancy may cause a baby to be born with Fetal Alcohol Syndrome (FAS) or other alcohol-related disorders¹

PREGNANT?

When a pregnant woman drinks alcohol, so does the unborn baby.



If you have questions about alcohol during pregnancy, or about alcohol addiction, talk to a:

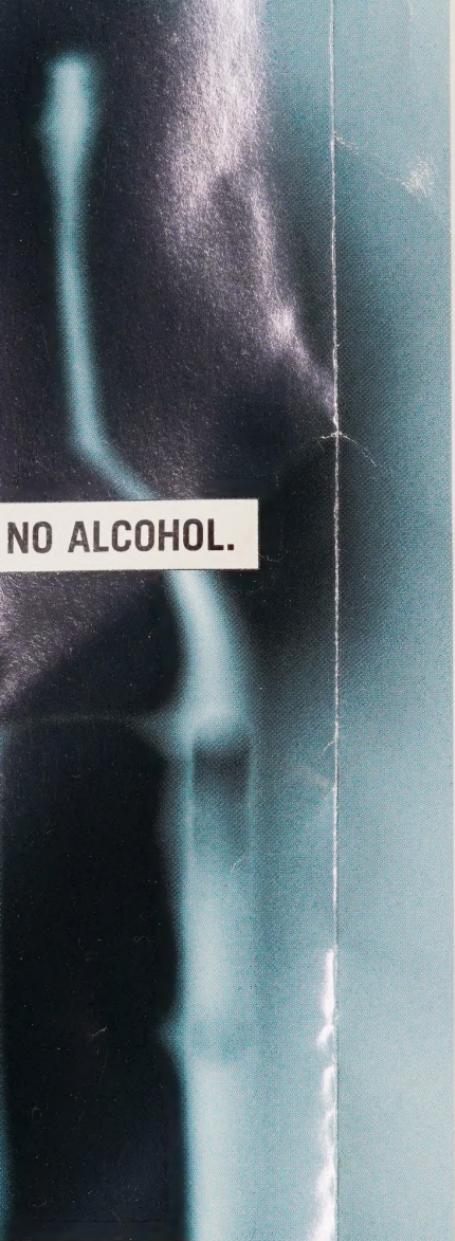
- counsellor, nurse, midwife or doctor

For more information about Fetal Alcohol Syndrome and alcohol-related disorders:

- call 1 800 O-Canada (1 800 622-6232)
TTY/TDD: 1 800 465-7735
- check out
www.healthcanada.ca/fas



¹ Refers to other clinical terms used to describe the full continuum of abnormalities attributed to prenatal exposure to alcohol, such as alcohol-related birth defects (ARBD), alcohol-related neurodevelopmental disorder (ARND), partial Fetal Alcohol Syndrome or atypical Fetal Alcohol Syndrome.



NO ALCOHOL.

A child with FAS often:

- *is smaller at birth and for the rest of his/her life*
- *has problems thinking, speaking, hearing or seeing*
- *may look different than other children*
- *has trouble learning the way other kids do*
- *has behavioural difficulties*

FAS is a challenge that lasts a lifetime and does not go away when children grow up.

The good news is that children can be protected by making the pregnancy alcohol-free. Friends and family can show support and join the expectant mother in making the alcohol-free choice.

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